

S Y H O R O C:

O R,

CONSIDERATIONS

O N T H E

Ten Ingredients used in the Adulteration of Bread-flour, and Bread.

To which is added,

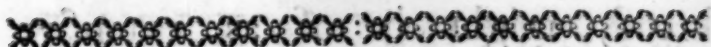
A PLAN of REDRESS, including a Method to prevent effectually future artificial Scarcities, and to relieve Parishes of their Rates, by employing their Poor. By which the Justice of Peace, and Parish-officer, will be much assisted, and the honest Gains of the Baker redoubled.

By PETER MARKHAM, M.D.

FIAT JUSTITIA.

L O N D O N:

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TO THE

Lords and Gentlemen of the Society
instituted for the Encouragement
of Arts, &c.

GENTLEMEN,

WHEN I considered the great
plan of your institution,
which includes the patriotic design
of encouraging discoveries, arts,
sciences, manufactures, and com-
merce for the good of mankind;
I thought the present discoveries,
which I have made in the manufac-
ture of bread, and their evil effects
upon the health of the people, the
strength, and of course the trade, com-
merce, and wealth of the nation; I
presumed the recovery of that art now
almost lost, of making wholesome
bread,

DEDICATION.

bread, might be of as extensive utility, as sensibly and universally perceived by mankind, as any that could propitiate such a fine influence.

When I remembered the encouragement shewn in your rewards upon hand-mills, and your regard to discover any humane and useful employ for the poor, which may be of use to themselves, and a relief to their respective parishes: you will learn, from the ensuing pages, the inducement I had to make this offering to you, and to beg this public honour to subscribe myself,

My lords and gentlemen,

your most obedient,

humble servant,

P. M.

TABLE of CONTENTS.

CHAP. I.

OF the several ingredients used in the adulteration of bread-flour, and bread, and their effects.

Sect. I. and II. *Ingredients not to be divulged, and their evil effects upon human health, sudden death. Of their consequences.*

III. *Of soap—A dirty ingredient.*

IV. *Slacked lime, notoriously used; disliked by many physicians.*

V. *Whiting, a filthy mixture.*

VI. *Chalk, its evil qualities, causing obstructions in the liver.*

VII. *Bean-meal, occasions sore throats.*

VIII. *Acorns and straw-chaff, ground with flour.*

IX. *Bones, frightful truths asserted.*

X. *Of alum commonly used, its dreadful effects proved.*

CHAP. II.

Including a Method of redress.

Sect. I. *The origin of these abuses derived from the distillery and mealmen.*

Sect.

C O N T E N T S.

Sect. II. *Recommending to the bakers, the buying of their bread-flour in the grain, and to have it ground by the work-houses upon hand-mills, by the poor. Shewing, from their present profits, and those of the meal man, that by such a method, their honest gains will be more than doubled.*

Sect. III. *The practicability of this proposal, that the poor are able to supply the bakehouses with flour, and thereby to maintain themselves—so that the baker will not be imposed upon with adulterated flour, and will have no excuse if he sells adulterated bread. Drawn from calculation.*

Sect. IV. *Objections answered.*

Sect. V. *A proposal to erect a counsel of health, by which the people will be effectually preserved from the mischiefs derived from adulterated and unwholesome foods. And the bakers acquitted of future suspicions.*

When I first drew my pen with a resolution to rescue the people of this city from those flagrant enormities to whose rapine and lawless them perpetually falling a terrible prey: I was convinced it was my duty to God and my country to make a quick and desperate attempt to defend them with the

INTRODUCTION.

CHAP. I.

Of the Ten Adulterations in Bread.

SINCE the first sun arose to bless the earth; since the first bread was sent from heaven to strengthen the heart of man; the annals of the most profligate kingdoms or ages cannot furnish an example of such atrocious iniquity, so base in its design, so fatal in its end, as the abuses practised upon the health and lives of the people, by the present combination of mealmen; the artifice of millers, and the sophistications mixed by them and the bakers.

When I first drew my pen with a resolution to rescue the people of this city from those flagrant enormities, to whose rapine and havoc I saw them perpetually falling a terrible prey: I was convinced it was my duty to God and my country, to make a quick and desperate attempt to defend them with the

utmost of my power, from what to me bore the aspect of imminent destruction, I wish I was deceived.

I presumed upon the possibility of redress, or if that salutary purpose could not be virtually accomplished, it promised fair, and it was certainly right to try in that case of emergency, if, by awaking the people, to behold the precipice they stood upon, it might excite a ferment among all such considerate men of these cities as would, in part, produce their present recovery and future security.

I also expected, that a little more time and enquiry after all the relative information to be had either by myself, or the solicited assistance of others respecting those abuses, would procure me still further discoveries, perhaps more singular and striking than any of my former evidence had supplied, or the immediate exigence of that publication would permit me to tarry for.

In this expectation I am not disappointed, the subject became popular, for all were concerned;

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cerned; bread seldom appeared, but it became the table talk, even in houses of the highest distinction; and informations crowded in to me upon the heels of each other; nay, even advertisements appeared in the public papers*, from men who had been concerned, to corroborate and certify the truth of my assertions.

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* Whereas a number of advertisements have frequently appeared in the public papers, relating to the unhealthful mixtures used in making of bread in this city, whereby it is judged to be productive of innumerable disorders, not only to grown persons, but equally destructive to young children: a person who has been more than twenty years in the baking business, part of his juvenile time was employed in a country town, celebrated for excellent and wholsome bread, and the rest with several bakers in this city, by which means he became a competent judge, that the mixtures so often and so deservedly complained against, were not imaginary, being more fatal than its inhabitants are at present aware of.

The said person hereby offers to wait on any person of quality, to lay before them the whole process of the present method of making bread, that they may judge themselves whether such ingredients are not a principal cause of the present decrease of inhabitants; and that their degeneracy from the robust state of their ancestors, is in a great measure owing to such poisonous mixtures. None but persons of quality will be waited on.

A recapitulation and confirmation of the certainty of each of these assertions; with some new and interesting remarks and additional allegations, in a manner more plain and striking, endeavouring to level my pen by the standard of common comprehension; interspersing facts to support medical reasonings; and to lay down certain means to prevent future abuses of such fatal influence; are the purposes of my present intention.

From what has already been published to the world, concerning the adulterations employed in bread and flour, those who have read those papers seem pretty well convinced of the much mischief the cities have received by them. The sensible of mankind concur in the same.—The considerate are alarmed.—The gentlemen of the faculty are convinced of their pernicious effects; and the rest of the people do not forbear to say very severe things of the perpetrators of such horrid enormities. Some families resolved to surmount all inconveniences, make their own bread; others send for it a great way, and, I fear, a very great way they may send before they find it quite honest: however, they have certainly found their account

count in so doing; for, in a few weeks, their children are changed from puny, distempered and weakly, to healthy, rosy, and stout.

But many families have not such opportunities; it would be an unpardonable cruelty to discover to them the many calamities they derive from adulterated bread; if it was not my design to exhibit a method of redress; for if these practices are not speedily removed, from the decay already begun, it is manifest, the consequence will soon be such, as we shall easily be pardoned for not attempting to explain.

So detrimental are those impurities shewn to be to the health and constitutions of the robust: so destructive to the lives of tender people and infants, that depopulation or degeneracy, must inevitably be the consequence of their permission. Already many houses are filled with diseases by them; the streets are thinly peopled with a race of sickly stalling Spector-like beings, called men indeed; and infants come into the world, eat bread, and descend to their graves; for it is often very speedy in its mortal effects; one reason, 'tis
pre-

presumed, why those that make it seldom eat much of it themselves, if we may credit report.

To what are the frequent sudden deaths, which have of late been so common after full meals, attributed? There is a certain chemical preparation, which added to the dough, gives to bread a most specious whiteness; if taken inwardly, its effects are very often sudden and mortal.

Perhaps the authentic relation which follows, may shew that this assertion is not the hasty overflow of precipitate conjecture.

Not many miles from Shoreditch, and but a little while ago, a disease of a very frightful sort made its appearance, and greatly terrified the little neighbourhood in its precincts: agony was its alarming attendant; sixteen people in a few days fell a sacrifice to the rage of this unaccountable malady. By sudden death, that most deprecated of human calamities, three people died in one house only. But what most increased the affright of the beholders, were certain strange signs they remarked upon the bodies of the dead, who

were the unhappy victims to the violence of this new disorder. The generality of spectators hurried away with dismay, which propagates itself swiftly upon vulgar minds, apprehended a terrible contagion—not to say a disease, which carries horror in its name, was arrived amongst them—but others of some speculative accuracy, who more minutely, from effects, considered causes, and were not so apt to permit their reason implicitly, to be carried down the current of popular opinion, began to suspect, not to say worse, some quality very inimicable to human nature, had been probably taken by the dead.

Plebeian clamour catching up the hints, flies away with the cry; and rumour, growing hot by running, becomes obstreperous in extreme. Alarmed at the uproar, now it was that a servant of a certain baker, who happened to have served those very families, whom those disasters had befallen, deposes upon oath, before that magistrate, who may receive five hundred guineas as an annual present from the company, that the batch of bread, those unfortunate victims to villainous artifice had

eat

eat of, thro' the blunder of a drunken baker, had been doubly charged with their doctoring ingredients; and so the noise was ceased.

What those doctoring ingredients were, a due regard to the health of mankind will not permit me to discover, lest there should be, as already there are but too many, others, who might postpone the bad effects they have upon human health and lives—to the spacious ones they give to bread. Certain it is, if they do not always prove instantly mortal, their qualities are such as never fail to be in some degree productive of illness.

SECT. I. In a former treatise written against the abuses of bakers, &c. I did not dare to mention more than six of their ingredients; four others, which they frequently employ in their sophistifications, I did not chuse to hint at: but one of these, a late strenuous pen has divulged: at the three others, it is presumed, his information had not arrived.

One of these matters is a notorious absolute poison, to many people, inwardly taken.

SECT.

SECT. II. The other is a substance imported clandestinely from our public enemy, who, in sending it over for this use, commits a more terrible hostility upon this nation, than ever was effectuated by their arms; as repugnant to the usage of civilized nations, as it is little to the honour of so polite a people, to perpetrate such an act, or unbecoming the juris-prudence of wise ones, to suffer and admit.

This matter reduced to an impalpable powder, is exceeding white; and, by its effects appears never to have been designed by God to make a part of the food of man; and that only the most exquisite iniquity, and dereliction of every tender idea for the good of community, or the extremity of rashness, would ever have employed it to such a pernicious purpose. The effects of it are costiveness and heat, of such irremediable obstinacy, especially to children, and people of delicate complexions, as produce diseases of such fatal effects, as are less horrible to idea than to fight.

The third of these ingredients used in the mystery of the modern manufacture of bread,

is an alcali of a very firy exalted violence ; sudden death sometimes attends this ; but diseases are almost always its certain followers.

And though the patient may wonder that medicines do not remove his complaint ; it will be no great matter of surprife, that his art is perplexed and baffled, and even drawn into reproach, to the phyfician who observes daily fuel added, through the patient's food, to the diforder ; and the efficacy of his prefcriptions perpetually traversed by these deleterious qualities.

Perhaps one of the most catholic and efficacious prefcriptions, would be abftinence from bread.

SECT. III. The fourth ingredient may not indeed be a very hurtful, but it is an extreme dirty one.

The vulgar may gape and stare at its filthiness ; but the known effects of vegetable falts, mixed with fermentable qualities, will preclude the admiration of men of speculative conception. When they are told that many bakers mix Soap in their dough, their particular

lar attachment to honesty and cleanliness, should not let us suppose the contents of a wash-tub could ever have been converted to that purpose, after they had passed the use of the landry.

Soap is well known in some places, to be prepared from ashes, and the fat of meat-animals; but, about town, horror will not let me hint the sorts with which it is sometimes prepared.

SECT. IV. The other ingredients employed in bread, are six; some of their qualities we shall next examine.

Slacked lime is notoriously used by millers and mealmen, to grind along with bread-corn, with chalk, whitening, horse-beans; the last to increase the weight and quantity; the others to give it those advantages, and a peculiar whiteness.

The news papers, within the space of the last year, have informed us of twenty-seven different mills, which have been broke open, in which sacks of these matters have been dis-

covered by the furious populace, whom those very meal-men and millers had exasperated to such seditious enormities, by their oppressive and cruel conspiracies against their lives ; and the merciful plenty of Heaven.

The qualities of lime, as they affect health, when mixed with food, are, to the medical world, more fully known than approved.

SECT. V. Whiting is undeniably asserted to be mixed and ground bread-corn, and the millers frequent confessions, when it was detected in their possession, irrefragably demonstrate this beyond the need of further conviction.

Whiting is chalk reduced to impalpability, and mingled to a paste with a matter called size, which is a liquid of very nauseous preparation, being the shreds of all kinds of skins and filthy pieces of leather, which is not the most cleanly manufacture in the world ; and indeed the smell of size betrays it, for it is as far from being grateful as the savor of a tanner's yard, or those very districts which most intimately border on the altar of Cloacina.

SECT.

SECT. VI. Not only this preparation from it, but the chalk itself, is also an ingredient in the manufacture of flour.

Well known it is, that adjacent to a certain village in Hartfordshire, more famous for its many mills, I fear, than the integrity of their millers, by whom great quantities of corn are ground for the markets of the neighbourhood, and the two cities; that a vein of chalk happens to pass thro' that part of the country, following the course of the river on which the water-mills stand, very fortunately for the said millers, though very much otherways for the said cities and neighbourhood, who happen to have their corn ground there: even those who are not much renowned for acute remark, cannot forbear to observe, when they travel that way, certain chalk-pits very near to every mill: but what is most rare of all is, that as no chalk is there used for manure, the country people are not able to tell by what sort of art, they came there; and tho' some conjuration may be suspected; from the whiteness of the magicians--people of an archer turn seem pretty well convinced, that those pits were really not made by the Black-art.

The

An accurate and celebrated author observes, "That the difficult passage of the *vena portarum*, like that of an artery, together with its remoteness from the heart, and the sluggish nature of the blood itself, occasions it to stagnate, accumulate, and form schirrous swellings, in no part oftener than in the liver, which make mankind very liable to many diseases, proceeding from an acrimonious bile and redundance of that fluid, such as jaundice, &c. but this tendency in the liver, to form concretions or schirrosities, is vastly increased by the constant use of any astringent corrosive substances, mixed with those of a limey or chalky kind."

HALLER of the Liver.

How applicable this remark to our subject, how strongly verified by nature and experience, in the two cities at least, in chronic, and innumerable complaints, is almost too notorious to need to be referred to those who are conversant with the minutiae of morbid dissections.

SECT. VII. Bean-meal is very commonly mixed in bread-flour. I have no reason to suspect

pest the authenticity of my evidence, which assures me, that even when scarcity compels the poor people to use this ingredient in their barley-bread in some places, they do it with extreme reluctance: from experience, they find it of such an inflammatory quality, that sore throats, and other disorders, frequently succeed its use. It is well known, that sore throats have been the most prevailing complaints about town, since the dearness of corn has provoked to a greater degree, the sophistications of bread-flour, which makes it a presumptive suspicion, that my evidence was good;—that the observations of the unlearned, though simple, may be very true;—and that bean-meal is unwholesome.

SECT. VIII. It has been said that acorns, and straw-chaff have also been found in mills, particularly about Manchester; where there happens not to be plenty of chalk; but this I dare not pronounce as a fact, till farther certainty convinces me of its truth; but if it be so, let the people who discover it, beware of the meal of acorns in bread. Historical and medical writers inform us, that a people of Greece, whom famine once brought to that unhappy

extremity, underwent severe diseases from this pernicious part of their food.

SECT. IX. I must confess I found it very difficult to assert the use of bone-ashes in bread-flour. I was dubious it might impute the credit of my other allegations, and traverse the good effects upon the health of the people, purposed in that first treatise; the sorts of bones there hinted at, I saw plainly would sicken human nature, with an idea so extremely horrible, it might be better suppressed than insisted upon.

But when I was informed that it became much doubted, I resolved to justify truth at the expence of any pains it might cost me. And though time and reputation are equally valuable, determined to sacrifice the first, in support of the last.

I would not therefore be satisfied with the bare evidence of others, or the probability, that those people who are employed in collecting the bones, about town, for those who extract oil from them, and then manufacture them for crucibles and bread, might not be much

much skilled in osteology, and therefore were not exempt from deception in the kinds they might gather, especially as it is well known, that often amongst the rubbish of foundations of buildings are frequently dug up and carried forth—Bones, which perhaps ought to be at rest. But I found out one of these manufactures : and, though perhaps I am less liable to be deceived than becomes me to mention, in anatomical disquisitions, an eminent Surgeon of singular skill in that science, accompanied me to the vision of the dry-bones, and confirmed me in the opinion I had conceived of many of those which made a part of the heap, prepared to undergo the fiery purgation. *Bones!*—indeed! they were—*Bones!*

Many were thus used, as will be supposed, when I observe that the master of the fabric exhibited for a piece of that metal, of which the branch was made which procured *Aeneas* a view of the infernal regions; amongst other matters, above one hundred bushels of impalpable bone powder, ready prepared for baking, which is generally sold for three shillings the bushel in dear times, the demand

demand being greater, when flour of wheat is worth seven shillings, that quantity.

I could not have prevailed upon my pen to have staggered, especially the delicate part of human nature, with a scene of such horror as this is, had not the unjustly suspected veracity of the author of the first detection of these frightful abuses; the vindication of truth, duty to God and mankind, made it a necessity by no means to be dispensed with. It would be an unpardonable liberty, and much bespeak a want of mercy or decency, to excite horrors from things which are unavoidably necessary. *Melius est pati quicquid corrigere nefas.* But this fortunately, happens not to be one of those, which exigence places beyond the reach of redress.

SECT. X. Alum is a drug more notoriously used by bakers, than any of those already exposed. The proper ingredients are scarcely so common in the town-bread as this drug; few bakers have the hardiness to deny it; fewer the innocence to do it justly. They who do disown it, often avail themselves of ambiguity and prevarication, or appeal to their

their own servants for evidence. I could produce many credible witnesses to attest, that themselves have seen it used.

I shall beg leave therefore to be a little particular upon this ingredient, which seems neither sufficiently explained in its effects by any writer upon it, nor understood so well as it should be, or it must have been so dreaded as to draw from the legislature, capital vengeance upon all those who mingle it with the food of the people, and even those who sell it for such pernicious purpose; and yet, sometimes it so happens, that the baker is brought to the alternative of using alum, or making no saleable bread; for the flour is become so sophisticated since the dearness of corn has made such iniquity lucrative in a very tempting degree, to the man, to whom conscience may not have bequeathed the greatest portion of integrity, as necessitates the baker to use that drug, that he may restore kneadability to the flower, which previous adulterations have deprived of that quality so necessary in making of bread.

It has been answered, with respect to the objection against alum in bread ; that it is not very unwholesome, it is a medicine in common use, and may therefore rather be serviceable in many disorders : Nay, they say, if it has no good effect in the small quantities it is generally supposed to be used, it certainly cannot possibly have any bad ones ; especially considering the many people amongst whom that small quantity is disseminated, when mixed with bread. But convinced I am, that if many of the physical people who do prescribe it, had adequate ideas of its noxious effects, when but very sparingly taken, their regard for human health would excommunicate it the pharmacopœa, as antimony formerly was ; and, I am pretty certain, with much more reason.

Let no one presume to say a favourable thing of the use of it in the food of mankind, who pretends to any regard for them, or respect for the reputation of a reasonable being.-- If any there are so bereaved of either that virtue or that blessing—let them be pleased to read the following facts.

With

With regard to the quantity of that hurtful substance employed in the present manufacture of bread ; I must take the liberty to observe to those objectures, that I can make it appear upon evidence, that one colourman only, has, since the present high price of grain increased the temptation to sophisticate bread, sold more alum annually, by nearly one ton weight, than ever was sold at his shop before ; if this dealer lived farther from St. Giles's than he does, it might be no worse for that neighbourhood, as the effects of it may shew.

Alum is so pernicious, that it is even dangerous to put it in the mouth to fasten the teeth, a purpose for which it is too often used ; and in gargles, in which it is sometimes an ingredient for complaints of the throat, if swallowed, 'tis seldom without some evil effect, though the quantity be ever so small, which can, so inwardly received, be mixed with the blood from the stomach, or by respiration, and consequently have any effect upon health.

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That it is sometimes received by inhalation is manifest, from those effects it has upon the artizans who employ it in their trades.

No people are more subject to diseases derived from acid humours than dyers, or those who use alum in dressing of leather, as is discovered by their sickly aspect; and indeed the same appearance on the complexion of the labouring bakers, plainly betrays the too much familiarity with it, though their confession did not frequently charge it upon them, for I seldom knew a city baker, who might not by pecuniary intreaty, be brought to acknowledge the use of that drug.

Mr. W——r was advised to dissolve a little alum in his mouth every morning fasting to wash his teeth, with intent to fasten them, for they were become loose in their sockets; he pursued the advice, till he was forced to leave it off, by an acid acrimony which began to prevail upon his stomach, never till then subject to such a complaint; the virulence of that drug, received by inspiration or swallowing, had diffused into the blood a kind of attenuated venom, which continued to torment him with

with four belchings, and windy complaints of a cold nature for many years after, in spite of the power of physic to remedy. This I pronounce from certain knowledge; and the mischievous effects of alum, will not be doubted by those observant people who visit the places, where it is found either native or factitious; a universal depravity of health, strength, manliness and constitution seems to prevail there, as if the region was blasted by some malignant aspect from heaven, which makes it unfriendly to the nature of human existence; for the air is mixed, and the water is impregnated with the noxious qualities of aluminous particles; the people are of stature diminutive, sickly of complexion, meagre, debilitate, and very short-lived; by that time they have attained to half the length generally permitted by providence to the life of man, they manifest the decrepitude of extreme old age. Whilst infants, they commonly run the gauntlet of innumerable infirmities, and are superannuated before they have attained to maturity; therefore it is excessively difficult to bring up children in those places, colics or convulsions carry them off quickly, or consumptions linger them away by slower degrees; few

few escape, falling victims to one of these evils, which are also the common diseases of the children in town.

The effects of alum upon the blood are such, that if its own stiplicity did not so far constipate and close up the absorbent vessels, as to preclude its entrance into that fluid of life, it would be found as deadly a poison as any whatever; a solution of this drug, injected into the large veins of an animal, soon proves fatal; or else, if the quantity be very small, extremely detrimental. When wrapt up in the oilyness and vicidity of flour, its access to the blood is open. Mercury becomes a poisonous attenuated venom, when sheathed and dispersed in greasy vehicles. Though crude, it may be swallowed by ounces, without any great danger. This envelopement of it in oily particles, it is, makes the difficulty of discovering allum in the bread adulterated with it; for though I have put it into bread in large quantities, I could neither discover it, by solution and evaporation, nor by syrup of violets, or juice of buckthorn, or from any effervescence with alcalies; for all its properties that indicate those effects, are sheathed and

and defended; from the qualities employed to discover them, By an oily covering, in which it is arrayed.

Thus invested, the alum becomes a poison; for, under the disguise of an oily mucilaginous covering, it easily obtains admission thro' the lacteals, the mouths of which, without that cover, its steepicity would constipate and close, and enters the blood, where, by the attrition, heat, and natural quality in that fluid of life, to dissolve oily substances; to convert them to the business of nourishment: the alum is soon divested of its sheath, and left a naked corrosive spiculated venom, to exert its virulence with a furious malignancy upon a fluid, whose perfect virtue consists much in its proper attenuation and milkyness, and which instantly curdles with an acid, and contracts and shrivels to a lump of rottenness; the vegetable poisons are mostly qualities of excessive acidity, which under certain forms, insinuate easily into the blood, and there are divested of their cover: but of this I am pretty clear, that tho' hellebore, anthora, henbane, or hemlock, are poisons which convey more instantaneous death, their properties are not

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more

more virtually fatal to life, than those of alum, when once entered the blood vessels.

The users of alum in food, when we consider the certain qualities of it, will, surely, without drawing any reproach upon the clemency of the legislature, be hereafter readily doomed to the penalty inflicted by the laws upon murderers, robbers, and homicides, and justly be excluded every privilege of human nature, and the information amply recompensed for preserving the lives of the people, and for encouragement of all such discoveries, as so manifestly tend to the public security. Doth that recreant perish upon a gibbet, who poisons a city fountain? and shall those, who poison their food, escape with impunity? Is it not a more ruinous enormity, to pollute with a virulent deadly contamination, the bread which none are exempt from eating, than to throw deliterious qualities in the spring of which every one does not, and none are forced to drink?

I would have alum thus severely prohibited, on two accounts; the first is, because of its poisonous effects; the second, because, with-

more virtually fair to life, than those of alum,
 but alum, the bakers can neither knead to
 dough the flour which is adulterated before they
 receive it, nor will they therefore be induced
 to mix any such ingredient themselves, with
 other impurities; therefore, the prohibition
 of this, may be a prevention of those as well
 as the use of damaged flour-corn.

From observation it is found, that all tall
 people have very numerous and open absor-
 bents or lacteal vessels; hence the habit of
 such persons is apt to receive abundant nou-
 rishment: now it is observable, that most
 hectic and consumption complaints happen
 to people of this sanguine complexion, tall
 stature, and figure somewhat gaunt and erect,
 as it is elegantly described and remarked by
 the English Hipocrates, Sydenham.

A frequent use of acids has too often been
 known to produce consumptions: now I re-
 commend the remark, as it is a new one to
 the gentlemen of the faculty; I have al-
 ways observed the blood of those patients to
 abound with crassid and grumous parts, and
 to be defective of serum or the watery, which
 I presume is coagulated or perverted to a

phlegm, by the prevalent acid in their juices, and thrown off by a glandular or exulcerated purulent expectoration; this phlegm or coagulum, imbrasses and traverses the vascular action, and perplexes the circulation; and accordingly as it is deposited in certain receptacles, it obstructs particular passages, which may be the occasion of imposthumations, coughs, ulcers, hectic, and coliquative evacuations; for nature is continually struggling to exonerate herself of the troublesome burden, exerts her plastic power to throw off embarrassments by the most obvious methods of discharge; the horny phlegm which appears upon the surface of the excavated blood of consumptive people, seems to demonstrate this, as those habits are therefore remarked to have very open absorbents, which easily take in the crude indigested acid, to which hectic habits are subject.

Let it be then particularly observed, that only one drop of alum water, in a different manner from most other acids, dropped upon a vessel of human blood, instantly becomes a putrid lump of cadaverous purulence, such as is expectorated in that frightful disease; and
 since

since alum has been so much in vogue, the bills of mortality can best tell what terrible havock has been annually made by that disease in the British metropolis: 3972 in the last twelve months, fell victims to the rage of that irremediable malady, which may corroborate us in the opinion we ought to entertain of that drug.

Alum is a strong, corrosive, acid, salt; that made by art, is of such excessive filthy composition, that we shall be easily excused mentioning its preparation.

The great Greek father of physic assures us, that all acid and bitter things are entirely void of every nourishing quality: if therefore alum be mingled in the composition of bread, that strong acid must certainly deprive it of the virtue we expect in that food, which is said to be the staff of life, and to strengthen man's heart. It is no wonder then, that much of this bread satisfies so little, and yet nourishes much less: it makes the appetite voracious and canine; and yet nature is bereaved of that help she requires from the food she longs for. Two ounces of wholesome unadul-

adulterated bread, will support a man in strength, health, and spirits longer, than sixteen ounces of the mischievous compound; therefore, of course, this bad bread is really eight times dearer than the good, exclusive of the losses upon the buyer from impure mixtures, a consideration founded on experiment, and ought to have some weight with the needy and poor.

I hope it will therefore never pass into an act, designed to prevent the abuses of bakers, that when bread is proved to contain alum, the same shall be forfeited to the poor, or, as it would imply, now the mixture of alum is thus explained, that, as it might poison the rich, it may be better the poor should eat the same: on whom, if it happens not to have that effect, as this bread appears void of nourishment, for what intent should this be given them? 'Tis to be hoped they must not be forced to eat it; but hereafter I will point out a better method of disposing of the poor, than in a manner this bread might possibly do it. At present, if such

bread

bread be found, let it be burned or buried, lest it become food for horses, swine, or dogs, to which animals it would be cruel and dangerous to give that poisonous bread. A small quantity of alum water injected by a vein, proves mortal venom; it curdles the blood.

Certain it is, that only absolute arsenic is a more destructive thing than alum, (yet others of these notorious adulterations have the same fatal effects) especially given in bread; and entangled in the oiliness of wheat. Be not afrighted, but warned by the truth; for confident I am, that more infants are poisoned in town, than those who die of casual diseases; and yet there is rarely any other sort of bread to be had; to the tender babe, often taken, it is a deadly morsel; beware then ye tender parents, what bread your little children eat; be careful lest the guilt of the baker should venom your tranquility, and bereave you of your hopes, or your darling of health.

A person of singular veracity affirmed to the author of these papers, that, in one of the largest parishes in Westminster, from his own observation, he was assured that more people, by one third, have opened the grave in that parish,

parish, since the dearth of corn was created, than ever was known, in the time betwixt this pestilence of adulterating bread, and the great plague in London; and that of the burials, it was observable, that two-thirds were young children: it was before remarked, that when corn is dear, the more adulterations are used.

And as the adulterators have been under stronger temptations to use their other impurities, alum has of course been of late years more frequently employed in bread.

When we consider the effects of these qualities, and how commonly they are used in bread; one would think, amongst sensible people, there would be little difficulty in assigning a very irrefragable reason for the present manifest decay of the inhabitants of this metropolis, either in point of decrease or degeneracy: for whilst these abuses continue daily to be practised, is it to be wondered at, that almost every house is sickly? The streets have lost that universal countenance of alacrity and health, we have heard they formerly wore; the men who pass through them, for they still bear that name, have rather the palid

re-

resemblance of ghosts newly risen, trooping from their sepulchres, than the bold, spirited aspect of Englishmen; far from any compliment to their stout manly progenitors, or honour to the munificence of Providence shown towards their island. In the most temperate climate, the most salubrious air, and copious plenty of such productions as befriend human life, and even indulge in a superfluity of enjoyments; the people sicken, a languid decayed effeminate crew. Other nations, alas! who envy our blessings, pity our preposterous use of them, or laugh us to scorn, when they see us dupes to inordinate avidity; which, like the Cercean cup, of baleful power, perverts with diabolical artifice that plenty to poison, those blessings to our bane; and we decay like brutes in a contagion, and die; or our poor are famished like men in a squincey, in the very midst of the most plentiful granary of nature.

Enquire amongst the artizans and tradespeople, scarce an individual that can boast of an uninterrupted health; but, on the contrary, they are to a man almost generally diseased.

T

Never

Never were the maladies of mankind so multiplied, or so difficult of cure; never was such frightful, indiscriminate devastation, and havoc, made amongst the people of these cities, as at present, by the artificial pestilence, since the natural plague. Turn to the bills of mortality fifty years past; though then the inhabitants were indisputably more numerous than at present; burials were fewer, and those ever exceeded by the births. The number of the people therefore increased; but now how far otherwise? which naturally excites an idea concerning the future state of these cities, which cannot procreate any pleasure upon the heart of a patriot.

We have indeed been told, that bread is the staff of life, and given to comfort the heart of man; but now it is bereaved of its virtues, and the staff of life is become a scyth in the hand of Time, to mow down with swifter rapidity the generations of mankind; and we, who formerly might have eaten the food of comfort, health, and satisfaction, now touch it with suspicion, or taste it with affright, and may be justly said to possess it with fear, and to eat the bread of trembling. Could a
greater

greater hardship befall a people ? and can it be too much lamented ? or speedy redress too ardently coveted ? or to quickly begun ?

Humane people will not give this compound to the most worthless animals, but with reluctance. Surely then, sensible ones will forego the use of it, though urged to eat bread by the exigence of habitude. As it is mingled with noxious impurities, it is terrifying and abhorrible. Like † Damocles, we tremble whilst we eat it, lest it should prove our last. The fear of poison, as to the tyrants of old, abridges the enjoyment of our necessary food ; and whilst we attend the demands of life, we are justly alarmed with the fear of death, and terrified lest our very table should prove a snare to us. Like the fool of a quack upon a stage ; are the people then to have poison forced down their throats, for the profit of these adulterators, or must they continue to avoid daily bread ; wretched alternative ! No, surely, the people have guardians to protect them ; and to see them justified on the men who, have perpetrated such atrocious abuses upon them.

Of

† Vide Horace.

Of the children born last year, not one half are now living, and I wish no more than twenty of those were puny and sickly, for one that is well. Fourteen thousand and fifty-nine were born last year within the bills, and nine thousand five hundred and forty-six died in their infancy.

It will be said by many people, the immoralities and luxury of the age produce this effect, and not the bread by its adulteration; but pray are not the other cities of Europe, many of them immoral and luxurious to extreme; and yet, tho' it may affect the complexions of those people, their cities, as these are used to do when such sophistications were unknown, continue to grow populous, whilst these seem to be descending fast from their point of eminence. Within these twelve months only, the burials of the dead of these cities, have supernumerated the births by seven thousand two hundred and sixty souls. As this decrease of the people began about the time of these adulterations, has kept pace with their progress, and continues to increase as they do, I think it would be folly or presumption to seek for any other cause, especially as this

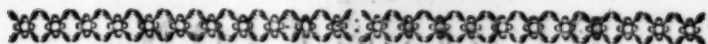
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decrement chiefly happens by the young ; and to them it is, that these mixtures prove the most fatal, and the populousness of a city depends upon that supply.

The present decay of the people is not a stronger proof of the fatal effects of these abuses, than a motive to their redress.

Their mischiefs, both to the private constitution and to the public body, are so dreadful ; the temptation to use them is so detestable, and the discovery of them when employed in bread so difficult, even to chemical processes, that compassion on such offenders, might seem cruelty to the rest of mankind ; as much as mercy to the hand that is crimsoned with homicide : and as the wealth of a community depends upon the labour and industry of individuals, as these upon their strength ; and that, in its turn, upon the health of a people : so it would be as criminal a pity in the merciful, who have a regard to the happiness of mankind to oppose the severity of equity upon them ; as a culpable lenity, and of the most impolitic nature, should

should that state, which has a due respect to either its own power or safety, permit the consideration of any pecuniary penalty, to preponderate in the scales of justice, over the lives of the people ; an error of such palpable notice, as it cannot impute the jurisprudence, clemency, and wisdom of the present : to the heart of every patriot must hope, it never will reproach with a want of those necessary endowments, any future ministers of the British government.



TO THE

Right Honourable, &c.

SIR,

HAVING inscribed this piece,
in the dedication prefixed to
the first part of it, to that society of
public spirits, who, collectively, like
the rays drawn to one focal point,
more sensibly influence the flourish-
ing of arts, sciences, manufactures,
and commerce; I was also soon fixed
in my choice, at what altar I should
dedicate this little offering.

To that patriot are they inscrib-
ed, whose noble eloquence is an
admiration, whose public spirit is a
protection to the nation: confi-
dent that the great virtue of the
Englishman, will excite him to exert
that power of the orator, with his
usual commanding precision of lan-
guage,

[1]
DEDICATION.

guage, if they meet with his approbation, to bring into execution, the subsequent proposals of national utility.

As I have already said, that the noblest intellectual endowment of nature or acquirement, in conjunction with the first virtue of heaven, unite to form this amazing man: it would be an imputation to the idea I have of the sensibility of the world and mankind, to offer to point out such a singular phenomenon by name, if it was not my ambition to dignify, and ingratiate it with the nation; as well as to embellish my subject therewith; and to honour, by approaching it to the name of Mr. Pitt, that of
Illustrious Sir,
your most obedient
humble servant,

P. M.



CHAPTER II.

The Methods to redress the Abuses
arraigned and condemned in the
foregoing Part.

INTRODUCTION.

HAVING in the preceding Dissertation
exhibited the many Impurities em-
ployed by Bakers, Corn-dealers, and
Millers; and having, in part, shewed the many
Evils human Health derives from those Abuses,
and explained some of the fatal Effects of their
Influence upon the Community, this Intro-
duction might seem needless: But that we
may not transgress Method and Uniformity
in the Edifice we erect to the public Good,
or affront the Delicacy of the accurate Judge
of such Works, with the Negligence of Art,
and disregard to scientific Regularity; and
at the same time that we may in the following
Proposals, become more easily comprehended
by others, it must be dispensed with.

B

When

When a Redress, then, of the Abuses of this fatal Influence was desired by the Author of these Sheets as a Thing which he thought had been sufficiently demonstrated to be the first Consideration to every Person who had an Heart dignified with a Wish towards the Good of the Public, in one of the most important Essentials; with Influence to set such a noble and salutary Purpose in Motion: The great Personages to whom he applied on this Occasion immediately demanded, What *can* be done to reform these Mischiefs?

A categorical Reply was not easily to be given. But more mature Deliberation has suggested a Method to effectuate this great Task, and that too without destroying so great and useful a Body of Men as the Bakers. A Method by which many and great Advantages will be derived to the Community.

It was observed in the first Treatise * written to discover the Abuses practised in making of Bread, and their unhappy Effects upon the Health and Lives of the People: That by the Use of Hand-mills Families might be enabled to make their own Bread; and that it might
be

* Poison detected.

be baked either in economical or parochial ovens.

But to this is objected the Difficulty of commencing new Methods; Servants cannot make Bread, and their Dislike to Drudgery will for ever prevent their learning that Art, or if they know it, acknowledging the same. Therefore Hand-mills would only serve to prevent the Adulteration of Flour.

But as the Abuses are of the most alarming Sort, and cry aloud for Redress, we ought to surmount every Obstacle which impedes our way to it.

The Security of Health, the Lives of their Children, and the Felicity of their Families will, I presume, influence all those whom Fortune places above the Level of Poverty, to desire this Reformation. I have not conversed with one who does not wish it; and with respect to those whom decent Parsimony, keeps out of the Grasp of Want, as well as the Poor, whose Infelicity feels it; I presume they will have no Objection to a Proposal which will save to their Families Two Thirds of the present Expence of their

Bread. To the first it is supposed enough has already been said to conciliate their Concurrence, in the foregoing Part of this Treatise; and now we shall turn ourselves to the latter.

To them it has already been observed, That Two Ounces of honest Bread does certainly and virtually, as repeated Experiment convinces the Author of these Papers, support a Man longer in Health and Strength than a Pound of the adulterated Composition; and that it is more delicious, and retains more the true sapid Frigor of the Wheat, is obvious to all those who have tasted it. In respect of Nourishment, it is manifest then that the former sort of Bread is cheaper by One Eighth than the present adulterated Sophistication. But this is not the Argument we shall proceed upon; tho' one of the strongest Validity; the following Calculations, from undeniable Authority, may carry a more striking Conviction. Demonstration is the best Proof; and the Solidity of Reason is of more Force sometimes, than the Persuasions of the most splendid Rhetoric.

But before we proceed to a Redress of these Excesses, it may not be improper to lay open
the

the Sources from whence they are originally derived, which may be seen in the ensuing History. And now we shall turn ourselves to the latter.

S E C T. I.

IF we enquire into those Volumes, in which the Event of national Calamities is recorded, we shall find one of the most fatal that ever the Iniquities of its People have provoked from the Displeasure of Heaven upon this Island, is the DISTILLERY. Had it pleased Providence to visit this Land, for Offences less repugnant to his Will; it might have sufficed his great Mercy, to have requited those more venial Crimes by a Denunciation of Pestilence only. But the Malefactions of our Forefathers were too heinous for any Afflictions to recompence, except this most enormous of human Damnations, only the Punishment, from Man inflicted, could suffice. So our Country was not permitted to be chastised by the lenient Hand of Heaven: nor was Pestilence to be propitiated. Spirituous Liquors therefore obtained,—and with the Distillery not only the Plague made fearful Inroad upon human Lives, but leagued with
its

its Associates, Dearth, Combination, Fore-
stalling, with Oppression of the Poor; and
that worst of fatal Curses, the poisoning of
Bread.

Now it happened when that Destroyer of
Corn, the Distillery, became so outrageously
voracious, like the Dragon of *Babylonish* Idolatry,
that it could hardly be satisfied with the best
Produce of the Furrow; that a Race worse in
their Effects by much than Locusts or Cater-
pillers, engendered, like Snakes in a Dunghill,
or the Hydra in *Lerneän* Bogs, in the Dregs
of that ruinous Craft. These Creatures are the
more terrific, because they bear the Similitude
of Man, (a Name by which I dare not call
them) as if to shew us that that Shape does
not always preclude the Monster; and their
proceeding upon two Legs is an Argument
why all Savages of rapacious Prey, must not
necessarily walk upon four. I will not call
them Locusts, for with much more Subtilty
they are destructive beyond what *Egypt* ever
knew. But they have a Power not only to
destroy but to pervert to Mischief the Blef-
sings they fall upon; and those Insects may
perhaps have some Use in the Chain of
Nature,

Nature, a Privilege of which these we speak of are totally destitute: If those have any Use in the Creation these inutile Animals are not at all like them in that Particular; these are influenced by Artifice, Avidity, or malevolent Option, those pursue the coercive Dictates of Instinct.

These Beings are called *Corn-jobbers* or *Mealmen*, and derive their Origin *, as we have

* The more I reason with myself on the Causes of artificial Scarcities, and the Evils in consequence of them, the more Arguments I find to convince me that they derive their Source from the Distillers. This if not willfully, wholly I am confident, occasionally.

The Quantity of Corn destroyed by the Distillery in and about London is nearly 150,000 Quarters *per Ann.* this from Computations of their own: Now I believe they will allow they neither did, nor was it possible for them to grind that Quantity themselves; thus were they obliged to contract with a Set of Men, to furnish what they had occasion for; from thence sprung that Business so eminently injurious amongst us, the Cornfactors and Mealmen; who bought and ground first for the Distillers, then were the Goers-between the Farmer and Distillers and afterwards became from Providers to the Distillery, Caterers for the Bake-house; I had almost said Suppliers of the Merchant, and even the Navy.

Though Wheats yield the most Spirit of any Grain, yet the Distiller used these but on account of their Virtue, for that Purpose, in proportion to the Price they bore: This brought up the Methods of mixing and grinding a variety of Grain together. From this Habit,

have shewn ; having Famine behind them when Plenty is before them, Oppression and

bit, taught to the Mealman by the Distiller, did the first of these, employ it for the Use of the Bakers ; and by this means could he serve them also cheaper than when they bought themselves Wheats, and had them ground on their own Account : Thus came Horse Corn always to be proportionably as dear as the other Grain, though greater Quantities were raised, and less supposed to be consumed : Hence also they become Masters of the fair Dealer, and of the Markets themselves.

Men so situated, stamped with the Avidity of Gain, and well instructed in what Seasons of the Year they became most useful to the Distiller, and to the Baker in London, had little else to do, than forestall and engross every Market ; 'till they had sufficient Quantities in their Hands, to settle what Price they pleased upon it, and to sophisticate the purest of Grain, as they judged most beneficial to themselves.

But without accusing their Lucre of mixing Impurities, the fatal Effects of which, to speak the most favourably we can of them, they did not understand, even their Influence upon the Plenty of the Country, is as sufficient Cause for charging all the Mischiefs Mankind has since felt on those Accounts, to them, as to the Origin of their iniquitous Craft, the Distillers, who not content to be noxious to their Country by the Spirits they exposed to Sale, abused the Land Interest by snatching from the Husbandman the Privilege to feed and sell Hogs ; in lieu of which themselves supplied the Navy and Town with puff'd-up unwholesome Pork ; absolutely undid the Hog-butcher and Bacon-man, and have really been the Origin of a Set of Men, whose Industry consists in deriving to themselves a Profit from every Corn-market, creating factitious Famine in the Land, adulterating the Produce of our Fields, even to the Depravity of our Farmers Morals, the Sweat of the Labourer's Brow, and in Time, if not prevented, to the great Injury of our Trade, by raising the Manufacturer's Wages.

Horror

Horror are on each Side. Soon intertwin-
 themselves with the Interest of the prin-
 cipal Farmers, availed of the Conspiracy
 of Millers, from this Union, like Sin
 from Death and of the Devil, Combina-
 tion and Adulteration were first engendered.
 But the Sophistications intended to impose
 upon the Distiller had a much more unhappy
 Event; for in these they succeeded so well in
 imposing upon the Understanding of the Dis-
 tiller, in the Corn they had ground for him:
 that the Adulteration is next tried upon the
 Baker: so that if we refuse to be poisoned
 with Gin, we cannot possibly escape the Mis-
 chiefs concealed in our Bread; all eat this,
 but I hope to God all do not drink that.
 However, tho' they find their Impurities not
 palmed so snugly upon the Baker, who was
 then used to buy his Corn and get it ground;
 so that probably he not only understood the
 Bread Flour, but also the Corn too, a Know-
 ledge he found of no manner of use, now
 the upstart Nuisance, the Mealman, had a-
 greed to supply him with Flour at a much
 easier Rate than he could possibly grind it at:
 The Cheapness of the Flour and of course
 the additional Profit upon it was a tempting
 Trial upon a Set of People to whom it has not

pleated Tradition to deliver down to our Time the most unblemished Reputations of Probity. To these Men in such Circumstances the present Tribe of Bakers may most easily perhaps suppose how they were affected. Though therefore the Flour which the Mealman had delivered them just now was far from answering the Purpose of Bread, they resolved to try Tricks ; and Alum was found to succeed so effectually in concealing the Millers and Mealmens Impurities, that they also became a Link in the Chain of Iniquity ; and from this first Fountain of Sophistication the Current of Detriment and Oppression growing as it proceeded along, has continued to increase to this Moment ; being arisen to such an alarming Height, that like a Deluge it threatens national Destruction, and already reproaches the Sufferers with Insensibility, who permit themselves to be borne away, and do not consult some speedy Method of Safety. For now Distress and Wrong, the Effects of Combination are succeeded by Robbery and Murder ; for as it appears many fall daily sacrificed to these Abuses,

Oppressing the needy these Recreants scrape
to the Bone the Hand of industrious Penury ;
their

their Artifice tends to aggravate Misery, and like Stars of baleful Aspect, to pervert or withhold the Mercies of Heaven; robbing under the Cloak of Trade, they baffle the Laws and subvert the Barriers of Equity, and with Cruelty unknown to common Murder, they break the Heart of the Man, who till their Abuses prevented him, could with a decent Appearance have supported a Struggle against Need. They distress the Friendless, because Justification will not help when he calls. They add Despondency to the Goad, and imbrue with Venom the Thorns and Asperities that perplexed the Path of Poverty. Nay, to such a Length of Cruelty they go as to compel many miserable Families, we have heard of, who preferred Innocence to the unjust Gratification of Hunger, and to bear the Rigour of the most famishing Extremity with Integrity and a silent Tear; to convert to human Food such Impurities as might stagger Faith to mention, as much as they affect the Heart to think upon. Others in whom the Power of Probity might too much resemble their own, when the Cries of Nature prevailed over the Dictates of Virtue, have abandoned that Regard they should have had to the infringement of Property and invading

the Possessions of others, to escape falling a Prey to Famine, have become regretted Victims to Justice in such an ignominious Manner as might have almost equalled the Malefactions of them, to whose Account doubtless the just Dispensations of Providence will place those of these commiserated Criminals.

But besides these Calamities, the Pipe of Self-interest played upon by these Wretches has become a Trumpet of Sedition arousing the Turbulence of popular Uproar to revenge their Oppressions; striking with Terror the Spectators, insulting Laws, endangering Civil Institutions, and the Subversion of Authority, the Introduction of Anarchy and Mischief, and the certain Effusion of much human Blood.

Considerations of such Weight, these are presumed to be as may sufficiently awaken the Attention of every Man of Consideration, Compassion, or Authority; who will, even tho' they postpone every Regard for Health, and the many Mischiefs it derives from such Abuses, be affected with a Recital, and desirous of a Remedy for such Grievances.

SECT.

S E C T. II.

NOW, having therefore given the Birth, Parentage, Education, Life and Behaviour of the genuine indubitable Causes of these Abuses; their *last* Dying Speech and Execution must be left to a more proper Season, and fitter Place. We should not however forget when a Disease is arrived at such a Height in the Body of the Community it is full Time to explore a Remedy; that if any can be found which may abate the Malady and not reduce the Constitution, much more approveable is the Advice of that Physician who prescribes it, than the Opinion of any Dabbler in political Pharmacy who affirms nothing can save the Patient, but generally the last Resource of the Skilful, a plentiful judicial Phlebotomy.

Admit me therefore to introduce these Proposals contained in the following Dissertation; with a few Strictures upon the Corn-Trade, or the Causes of the Difficulties which prevent it's being easily understood by the Generality of Mankind, with some upon the Business of Bakers.

Wheats are sold by different Measures almost all over the Kingdom, from eight Gallons

loins to ten Gallons to the Bushel; almost every Farmer has a different Measure, which Hucksters and Mealmen being best acquainted with, so can they by this Means make the greatest Advantages, both of the Farmer and the Public. Doth not this encourage an Habit of tricking and sharpening, and degenerate Trade itself into Gaming?

Wheat is bought by Measure and Flour is sold by Weight, eight Gallons supposed equal to the Measure. The Medium or general Measure of Wheat is about nine Gallons to the Bushel, but when sold in Flour, is by Weight, equal to eight Gallons to the Bushel.

In some Markets forty Bushels is called a Load, in others five Bushels is called a Load; the first is a Cart-Load, the latter a Man's Load.

The Obligation of a Sack, or five Bushels of Flour, weighing two hundred and two quarters, neat Flour; is a Reason which induces the Mealman to mix with inferior Wheats which are lighter, and with the Flour itself, heavier Ingredients, or to grind with them baser Corn, such as Beans, &c.

Toll

Toll, for Grinding in many Places, is taken in Kind; this Custom most commonly prevailing in Places where the Farmer sends his Corn to grind for the Use of his Family; for he generally sells the best at Market, and keeps the Leavings for the Maintenance of his own House. The Bowl-dish or Toll-dish made use of to measure their Due out of the whole Wheats is said generally to contain from four to five Pounds of Wheat; but some are known to extend as far as ten Pounds. When the Toll is taken in Money, as in *Oxfordshire*, it is eight Shillings for forty Bushels; and within twenty-five Miles of *London* One Shilling and Six-pence for every five Bushel; the one a Cart-Load, the other a Man's Load, as before-mentioned. All Tolls ought to be pecuniary, or else in the Times of Scarcity the Bowl, perhaps artfully made, and not unskilfully plunged into the Property of industrious Penury, becomes an Aggravation of the Hardships of Famine, and gives the Miller a more exorbitant Pay for his Work; at that very Time it ought to be most easy, and when the Poor are least able to dispense with the Dish of Oppression and Extortion; they are fleeced in the most inclement Season of Adversity.

Three

Three Sorts of Bread are sold in *London*, Fine Bread, Second Bread, and Household. Now though the Person I employed, inquired with great Diligence at the several Inns in *London*, where Meal is pitched by the Mealman to be sold to the Baker, yet there was but One Sort of Flour to be sold, and this the inferior Sort, that called the *Hertfordshire Whites*, is confessedly used by Pastry-cooks only.

It is a Pity the Act made in the Time of *Henry VII.* (Anno 11. Cap. 4.) for regulating Measures, had not better taken Place. It was he fixed the *Winchester* Bushel which was to be of eight Gallons of Wheat, every Gallon to contain eight Pounds Troy, and every Pound Troy, twelve Ounces, every Ounce twenty Pennyweight, and each Pennyweight, to be the Weight of thirty-two Corns of Wheat, that grew in the middle of the Ear of Wheat. Now upon what was to be a universal Rule in the Kingdom, it is supposed Wheats of a middle Quality, or properly such as were rather inferior to these were chose for this Purpose, as thereby the Subject, especially in scarce Years, might not be injured. With this Supposition, in *Henry VII.*'s Time the *Winchester* Bushel

Bushe! of Wheat was computed to weigh sixty-four Pounds Troy; and as one hundred forty-four Pounds Averdupoize Weight are equal to one hundred seventy-five Troy Weight, then was a *Winchester* Bushe! of ordinary Wheat at that Time estimated to weigh nearly fifty-three Pounds. I must observe this Weight is much inferior to the general Ideas of our Times, which suppose the best Wheat, thought to be the *Winchester* Bushe!, from sixty-one to sixty-two Pounds; but they then had not the Arts of increasing the Weight of Flour.

To induce the Baker to buy his Flour in the Grain; for the Benefit of Families who would make their own Bread, and for the Maintenance of the Poor in Workhouses; employing them in an easy Industry, by introducing the Use of Hand-mills; by which to prevent future Combinations in the Corn-Trade, and Adulterations of Bread, and to illustrate our Proposal, the four following Articles should be considered.

1. Profits of the Mealman, *January 1758* calculated, supposing he sold neat Flour at thirty-seven Shillings *per Sack*,

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2. Ac-

2. Account of the Charge of Bread and Profits made by the Baker at present in the ordinary Method, with the least Sophistication, he buying his Meal of the Mealman.
3. Account of the Charge and Profit made by the Baker, was he to buy his Wheats and grind them himself.
4. Account of what would be saved in the Bills of Mortality were the Bakers obliged to carry the whole of their Wheat to the Workhouses of their respective Parishes, to be ground in Hand-mills by the Poor.

I have procured the subsequent Computation of the Profits of the Mealman for the Satisfaction of the Baker, and to shew him the Advantages of buying his own Wheat, and procuring it to be ground.

January, 1758. with a Supposition that the Flour is neat : The Profits of the Mealman upon five Bushels of Corn only, amount to 11 s. 2 d. halfpenny.

Five Bushels of Wheat, at 9	l.	s.	d.	q.
Gallons per Bushel the Winchester Measure (5 Bushels 5 Gallons) at 40 s. per Quarter, supposing him to buy the best Wheat, is - - - - -	1	8	1	2
Grinding and bolting within Five Miles of London - - -	0	1	6	
Cartage to London - - -	0	1	0	
Charges of Sacks and pitching at the Inn - - -	0	0	3	
	1	10	10	2
Bran and Pollard to be deducted	0	5	0	
	1	5	10	2
The Five Bushels of Flour will sell for - - -	1	17	0	
The Profit of the Mealman in 5 Bushels of Wheat, is - -	0	11	2	2

Now was there proper Regulations of the Market, and a due Disposition of Mills, the Baker, by acquiring a competent Knowledge of Wheats, which he may with a little Application arrive at in a few Days, he would save all this useless Expence; from a Craft which was engendered in the Dregs of a

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Distillery;

Distillery; is supported by Oppression, and carried on by Villainy, as much to the real Detriment of the Bakers as the Abuse of the Eaters of Bread.

But lest we should be suspected of Partiality to the Bakers; for the Benefit of the Poor, Industrious, and Frugal, who may think of making their own Bread, and so avoiding the Frauds of the Mealmen, disappointing their exorbitant Gains, and also escaping the Bakers Profit as well as the Adulterations made use of by either of them; and for the Encouragement of Hand-mills to grind Corn, and Ovens to bake their own Bread in Work-houses, we shall exhibit a View of the Bakers Profits, which I believe will be found very just.

Account

Account of a Sack or 5 Bushels of Meal made into Bread with the least Adulteration practised, and the Baker's Profits thereon.

C.	qr.	lb.	oz		l.	s.	d.	q.
2	2	0	0	Five Bushels of Flour	1	17	0	
0	0	0	8	{ Alum 8 oz. at 1d. halfp.	0	0	0	3
				{ per lb.	0	0	0	
0	0	5	0	{ Salt 1 lb. per Bushel, at	0	0	5	
				{ 1d. per lb.	0	0	5	
1	1	3	8	{ Water, 3 Gall per Bush.	0	0	0	1
				{ 15 Gallons	0	0	0	
				Four Faggots, at 2d. halfp.	0	1	0	
				{ per Faggot, and 2 Billets,	0	1	0	
				{ at 1d. per Billet	0	1	0	
0	0	3	0	Yeast Half a Gallon	0	0	6	
				Rent, Wear and Tear of	0	1	6	
				Oven, and Serv. Wages	0	1	6	
4	0	6	0	or 454 lb.	Cost	2	0	6
					Sold for	2	9	3
Baker's Profit on Five Bushels					0	8	9	

A Quartern Loaf in Dough should weigh Five Pounds. To come out of the Oven, Four Pounds Six Ounces. If then the Quartern Loaf is sold for Six-pence Half-penny, the Whole is sold for 2 l. 9 s. 3 d.

N. B. The Water is charged full as much as used, as 29 Gallons and an half of Water will wet 1 Bushel of Wheat; in which Case the Baker's Profit will be nearly 2s. 6d. less on the 5 Bushels.

Hence it appears the Mealman, Engroffer, or Huckster's Profit far exceeds that of the Grower of the Wheats, the Miller or the Manufacturer; and it stands to Reason, that Men

• A Winchester Pint of Water weighs
1 lb. 4 oz. and half Avoirdup. whose

whole whole Time is employed in making Advantages of aggravating the Miseries of Indigence, should get the better of those whose Thoughts are filled with more honest and useful Employments.

Whereas was the Baker to buy his Wheat, and procure it to be ground himself, his Profits consonant with the above Calculations would be as follows :

	l.	s.	d.	q.
Five Bushels 5 Gall. of the best				
Wheat, bought at London	1	8	1	2
Market, at 4os. per Qr.				
Grind. and bolting, 3d. halfp. per Bush.	1	8		
Wharfage and Lighterage, Load-				
ing, Cartage, 2d. per Bushel	0	0	10	
Accord. to the above Acct. Salt	0	0	5	
Water and Yeast ———	0	0	6	2
Alum (<i>This charged that no Deductions might be alledged</i>)	0	0	0	3
Fuel, Rent, Wear, Tear, and				
Servants Wages — — —	0	2	6	
	1	14	1	3
Bran and Pollard to be deducted	0	5	0	
Total Cost ——— ——— ———	1	9	1	3
Sale as charged above — — —	2	9	3	
The Baker's Profit who buys his				
Flour in the Grain — — —	1	0	1	1
And he who buys his Flour				
from the Mealman, gains only	0	8	9	

The

The Difference as above, which effectuates the Proposal we made, to shew the Baker a Method to advance his honest Gain by more than double; besides the farther very important Consideration of being sure to have his Flour unadulterated by the Mealman; an Advantage, it is not possible to convey to him any exact Idea of. But with respect to this Point of Abuse, in which the Baker may suffer a pecuniary Injury as well as his Customers, one of a much more fatal Nature: it will be said, Who shall grind his Corn for him; for the Millers are known Practitioners in the Arts of Adulteration; and should he employ them to manufacture his Meal, they may defraud him and the Public, no less than the Mealman? which naturally introduces the salutary Proposal which gave occasion to this Chapter, and whereby he will, should it be adopted, be protected from such Impositions himself, and effectually precluded every Excuse should he invade the Property, or endanger the Health of Mankind by employing any of the Pollutions of Sophistication in the Bread he prepares.

SECT.

SECT. II

ENGINES, Utensils, and Instruments in Sciences, Commerce, and Manufactures, have been contrived by Art, and Methods invented to teach as well as the irrational Creatures, *Fire, Air, and Water*, to perform the Work, or to alleviate the Labour of Man, whose Strength or Industry is thus supplied by the Powers of Nature.

But the Poor, who live upon the Public; how long have they been exposed to Rebuke; and disdained with the Reproach of such severe Names as must greatly hurt those who have a due Sense of imputed Insolence, and the Infamy of being deemed burdensome; And this because their Superiors perhaps have not provided for them a proper Employment; But is it fair to preclude this part of Mankind the Privilege of being meritorious, to bestow it on Elements, or give to the Brute Specie, which increases the Consumption of it, that Food which might make this part of our own Race happy and useful? At the same Time the indigent workless Wretch, must equally, tho' without Emolument, have a regretted Share: Were it not much more noble

noble properly to occupy, and feed Mankind, than thro' the Influence of private Lucre, to prefer the Brute Creation, or Things inanimate? What is the Result of such preposterous Proceedings? Men have been fed like Horses, and Horses fed like Men,

But though the Mill which is worked by Water, Fire, Wind, or Horse, perhaps does not exceed the Labour of two Men, yet generally that Number are occupied to attend the Mill; and tho' the Brute or the Elements are at Work, the Men, who could do the same, are by those Substitutes made idle. Therefore, as the Industry of a Nation is its Wealth, no Avail is derived to the Community from that Work, which tho' an Horse or the Stream perform the Drudgery of, a Man must superintend.

The Bills of Mortality are supposed to contain 1,000,000 Souls. Suppose these, one with another, to consume 9 Ounces of Flour *per Diem*; the Sum of which is equal to 10,045 Bushels, or 2009 Sacks expended in one Day within the Bills of Mortality. One Shilling and Six-pence is the Price for grinding a Sack or 5 Bushels, within 25 Miles of London; Therefore the Corn consumed every

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Day

Day within the Bills pays 150 l. 13 s. for the Grinding. A Sack of 3 Bushels of Flour is the Produce of 5 Bushels 5 Gallons *Winchester* Measure. The Bills of Mortality then consume 11,300 Bushels of Wheat of that Measure *per Diem*.

If the Hand-mill grinds and dresses one Bushel in two Hours, as it is found to do, it will then require 22,600 Hours to grind and dress with these Mills one Day's Flour for the Bills of Mortality +.

A Village neighbouring to *London* is supposed to contain 3000 Souls: From the Parish Books it appears, that she maintains Forty-five Poor, yearly, at most, which one with another cost 3s. 6s. *per Week*, to support. In the same Proportion, which is setting them at the lowest, then the Bills of Mortality must contain 15,000 Poor: A Number able to grind more than the Quantity consumed, were they to Work three hundred Days *per Annum*, at each Person two Hours *per Day*; and though some might be entirely incapacitated from Labour, yet others would be able to work with Pleasure double that Time every Day; 15,000 Poor, maintained at 6l. each *per Annum*, must cost

their
At 10 Hours per Day to each Mill would be for all the Workhouses in the Bills of Mortality 2260 Mills.

[27]

their respective Parishes, or 1000l. Now the Sum of 1150l. 13s. paid for the grinding of Corn, by the People of the Cities and Suburbs, every Day in the Year, amounts to near 55,000l. † which considerably exceeds one half of the Maintenance of their Poor. A Sum, which I may say, is almost entirely thrown away upon Horses, Water and Winds, to the Encouragement of Fraud, Idleness, Combination, Forestalling, Monopoly, and the Worst of all Mischiefs, fatal Adulterations.

But with respect to the other half of the Maintenance of the Poor, that the Parishes may be entirely at Ease from that Weight; other Mills might be erected in their respective Workhouses, for the grinding of Horse-Corn, * Powder for Barbers, Starch for the Laundress, or even unsophisticated Drugs for the Dispensatory, or Linseed-Oil for the Painters; and I am in no doubt, but an Oil might also be by them expressed from Hemp-Seeds, Beech-Mast, or Walnuts, which for Goodness, reproaches us for Inconsideration that we have hitherto neglected to improve a Manufacture, which would have supplied its Place without

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our

* *Vid.* POISON DETECTED, in the last Section.

† Though the first Charge of Mills with French Stones amounts but to 18,080l. at 8l. per Mill; not one Quarter's Poor Rate; a present trifling Expence! for a great and perpetual Advantage!

our regretting the Want of that Produce of the *Lucea* Olives, for which we annually transport immense Sums of Money never to revisit this Isle.

And if we allow the common Calculation, that amongst the Poor one Third of their Charge is upon Bread; and then suppose that they buy that Food in the Grain and manufacture it themselves, it will appear from the precedent Account of the Baker's Profit, if he buys his own Wheat, that they will thereby save one Half of this Third of the remaining Half of their Charge. Glad we are that this Advice comes recommended with the particular Sanction of Approbation from the Gentlemen who superintend that useful Institution, the *Foundling Hospital*, who we are assured have adopted the Proposal offered to their Consideration relative to this Purpose; and that their Bread is not only made, but that they are providing Hand-mills for the Grinding of the Corn used there.

Was therefore this Method of supplying the Bakers with Bread-Flour to be adopted, the good Effects are so many, and the Inconveniences so few, that the latter are as hard to be suggested as the first to be enumerated:

† Vile POISON DETECTED.

For as the Power of working these Hand-Mills may be proportioned to the Strength of the Labourer, the Women and Children, the Blind, the Feeble; nay, the Invalid and Decrepid might all contribute to their own Maintenance, in an Employment easy, humane, comfortable to themselves, and extremely useful to the rest of Mankind; and they who are now a Sort of dead Limb on the Body of the Community would become industrious profitable Members to it. The Indigent would increase the Riches of their Country, in augmenting by their Numbers the industrious People it contains; even whilst their Labour tends to subvert Monopoly and Combination, and prevent the Effects of those fatal Grievances upon the Public* with a

kind
* Every Customer in general is thought to be of some Value to the Vender. London and the Bills of Mortality are great Customers to the Country, and from thence alone it would be thought they should have some Title to good Usage; but how much the more so when it comes to be considered that in these Kingdoms the Support of the Landed Interest is Trade in general, and particularly that of the Metropolis. Now if it be true that from the Number of People returning a very considerable sum of Money to the Landed Interest, from thence an Opportunity is taken to exact on them, and oppress their Trade; it being a Means to enhance the Manufacturer's Wages, and injure Commerce, how shall we be surpris'd at the Supineness of such a Body of People, and how truly will the Proverb be verified, that *What is every body's Business is no body's*: For not to mention the Exactions

kind of Justification upon those Artificers of
 Examine who have been their Oppressors. And
 whilst themselves by this salutary Provision
 are rescued from the Reproach of Laziness;
 and
 now practised by Monopolizers in the Country upon the
 bare Survey of the following Account, suppose only, and
 'tis modestly speaking, according to the Practices of the
 present Times, That were they imposed upon but 20 *per*
Cent. per Ann. let *London* and the Bills of Mortality look
 how they are abused:

Bills of Mortality consume annually	740,000	
Sacks, at 36 s. <i>per</i> Sack		1,309,914
Suppose in the Bills there are 30,000 Horses,		
which for Straw, Hay, and Corn, return		390,000
each to the Country neat 5s. <i>per</i> Week.		
<i>Per Ann.</i> makes		
If the Bills of Mortality contain nearly		
166,000 Families, and each consume 10s.		83,000
worth of Dry Pease <i>per Ann.</i> this amount is		
Cyder, Garden Stuff, and Fruits of all Sorts,		
besides the Quantities of Cyder and Perry		72,000
used in the Wine Trade: May not these		
be accounted?		
Bills of Mortality are thought to consume		
52,000 Oxen <i>per Ann.</i> these at 10l. each		520,000
Mutton, Veal, Lamb, Pork, Fowls, and		
Fish, not to swell the Sum, may be said		1,040,000
to amount to double the Value of the		
Oxen, or		
Malt for brewing both Strong and Small,		
560,041 Quarters, at present more than		840,061
30 s. <i>per</i> Quarter		
Eggs, and the Produce of the Dairy		50,000
The Consumption of Hops is at least 1-10th		84,000
of the Value of the Malt, or		
		4,388,981
		Four

and as they have been formerly regarded the Outcasts of Merit, or Objects of Pity, they will be esteemed as intitled to Value, requiting those who have maintained them with it, by securing them from the Mischiefs of Adulteration in their Food. Besides which I am in no Fear but it would be the Means of cleansing the Streets of ragged and sturdy Beggars, who are disgraceful and troublesome by Day, and often frightful by Night. It is therefore Humanity to them as well as Avail to the Public, to embrace a Method which so singularly concentrates these reciprocal Advantages; and stands of itself, like the Arch, the stronger the more it is borne upon by Objections.

Four Millions Three hundred and eighty-nine thousand Pounds may be said to be the Money returned by *London* to the Country for Necessaries used by themselves for Food and Drink, without any Regard being paid to the Distillery, the Woollen Manufactory, or any sort of Commodity whatever, except Aliments; and if to this Sum there was added the Amount of Cash expended for victualling Ships of all sorts within the Limits of these People, such as Ships for the Government, the *East-India* Company, Privateers, and the Merchants Services, let any one Person, understanding Numbers, reflect how much might be added thereto; and if the Fashion of Engrossing, Monopolizing, and Adulterating, is suffered to continue as it now is; Of how much must not only this Body of People be defrauded both in Price and Quality: How their Labouring People injured; and from thence compelled to raise Wages already too great! *London!* Is your Trade not worth heeding, and are you to be destroyed! Not by the labouring Farmer or Manufacturer; but by Mealmen, Jobbers, Regrators, and People without any useful Profession.

Objections. It is a peculiar Felicity when Benefits are derivable from Calamities; Adulterations and Combinations seem to offer this happy Termination, by means of the Proposal exhibited.

S E C T. IV.

BUT though no Objections may be suggested on the Side of the Public to the Adoption of this Method of Redress, the Bakers perhaps may alledge the four following, which I shall endeavour to obviate.

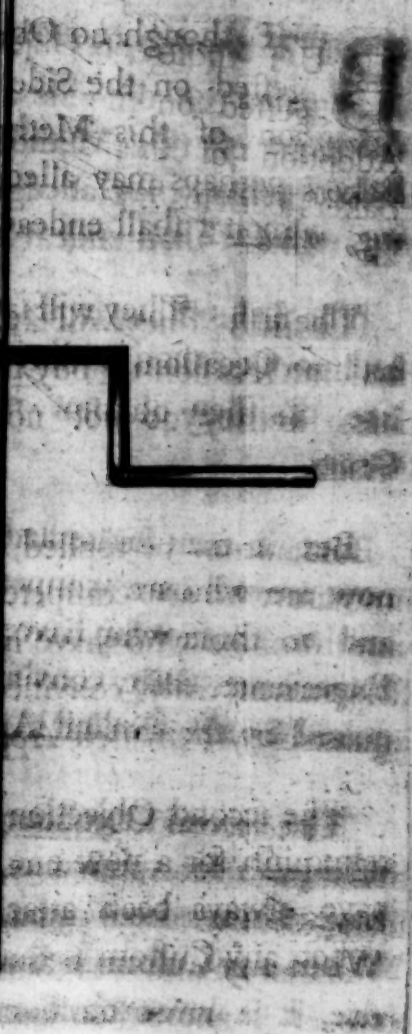
The first: They will say, That as they have had no Occasion to buy their own Wheat of late, so they do not now understand that Grain.

But it may be replied, many Bakers there now are who are competent Judges of Corn, and to those who have not that Knowledge, Experience daily convinces us that it is acquired by the smallest Application.

The second Objection, is the Difficulty to relinquish for a new one, an old Custom they have always been attached to. Answered, When any Custom is found to be a pernicious one, it is never too soon to abandon it; and besides

131

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besides, their own Interest will make them easily surmount this Obstacle, if they properly attend to it from a Comparison of the Mealman's Gains with their own.

The third Objection, That many Bakers are bound to the Tyranny of Mealmen's Gains, by Debts already contracted will vanish, when it is observed that the Mealman's usual Credit is one Month only, which can be no great Obligation upon the more substantial Bakers; and even the less will despise it when they reflect, that should they call in their Debts on the good Excuse of such an important Occasion as this, which will preserve the Health of their Customers from the hurtful Qualities of adulterated Bread, 'tis presumed no Affront will be taken on that Account; and it is enforced with the farther Inducement to both Parties, that they will thereby be greatly relieved of Poor Rates by the adoption of this Plan of Redress.

The fourth Objection made by the Baker, is the Doubt he has that these Hand-mills will not produce such good Meal as the Water-mills, which upon Comparison he finds to be the Case with respect to the Mills which go with the Wind and Vane.

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Answered;

Answered: The Water-mill is turned with an even Motion by an equal Weight of Water, which makes the Stones to circulate equally. But the Wind blowing by uncertain Gusts, the Stones are sometimes turned with a rapid, sometimes a slow Motion, always unevenly; and as the Stones are thereby thrown out of their horizontal Poise, they dash upon each other, and by that Collision rub off Parts of themselves into the Meal, which is also heated and injured by that disulory Rotation. But as the Force of the Grinder upon Hand-mills is not able to dash the Stones in such a manner, so no such Effects will ensue; and as the Mill-stones will roll with the same even Uniformity they must produce as good Flour as the Mills which are actuated by Water. But to the Goodness of their Work the Gentlemen of the Society who have encouraged the Improvement of Hand-mills are able from Experiment to make a satisfactory Proof.

Besides, as the Baker's Regard is to comparative Goodness in his Bread, with that of the rest of his Trade: If each was induced to have their Corn ground upon these Mills, and the Mills all having the same Sort of Stones

Stones produced Work of equal Perfection ;
the Individuals of that Trade need not be
under any Concern on that Account.

All the Objections therefore we can sug-
gest on the Part of the Bakers, do not appear
of any Weight.

We shall next make Reply to such as may
come from other Quarters.

It will be said, this Introduction of Hand-
mills will be the Ruin of Country Millers,
and destroy their Mills, which make no con-
temptible Part of some Estates, whose Re-
venues it would not be fair thus to infringe
upon ; and convert the Millers to idle sturdy
Beggars or Men of more frightful Aspect.

These are Objections which few I believe
will dare to alledge, who desire their Names to
steer clear of the Imputation of Inhumanity,
and the Reproach of a most pitiful Postposi-
tion of the Public to the meanest of private
Gain ; even without escaping some Suspicion
of the Poverty of Intellect, and Incapacity to
comprehend their own real Advantage. For
the Rents of few Mills are equal to the Parish
Rates of the Estates they belong to, which
will by this Means be alleviated ; besides the
Certainty of being supplied with a wholesome

unadulterated Flour, by which their own Health and that of their Families will not draw them to often into the Charges attendant upon such Misfortunes. Diseases will be certainly decreased, and Health which surpasses all other Considerations will be in a great measure secured; diffusing Alacrity, Comfort, Vigour and Felicity through Families which formerly languished in Sickness: A Consideration it would be impossible to enforce so sufficiently as it deserves, or to conceive with half the Pleasure with which it would be experienced.

And as it is well known that the Millers are generally pretty good Carpenters, or conversant in Country Affairs, they will not want useful Employ; for if they should become Handicrafts they will be useful in dressing of Mills for the Parishes, or even making of those simple Engines, for which they may receive extraordinary Pay. And those who convert themselves into Farmers will thereby avail the Land Interest, by increasing the Value of small Farms.

Which brings me to consider another Objection which may be suggested, viz: That the Mealman or Corn-Jobbers are of Advantage

vantage to the Farmer, and of course avail
 the Land Interest; but a Man no sooner un-
 derstands the Myſtery of the Craft of thoſe
 Men, but he finds good Reason to change
 that Opinion. The Farmers of ſmall Livings
 dread them as their moſt cruel Oppreſſors
 and unmerciful Taskmaſters who by com-
 bining with the great Farmers, comparatively
 ſpeaking few in Number, together they com-
 pel the Tide of the firſt Markets after Harveſts
 againſt the many ſmall Ones, who are con-
 ſtrained by their Landlords, perhaps, ſome
 of thoſe very Mealmen, or great Farmers, or
 Jobbers in Corn, to ſell their Produce
 immediately after thrashing: And thus
 ſcrewed down in the Inſtrument of artificial
 Neceſſity, they are obliged to ſell their Grain
 at a low Price to theſe Brutes, in Ambuſh for
 the Purchaſe, and ready to engroſs as ſoon as
 ever the preſſing Exigence of penurious Ex-
 tremity favours their iniquitous Purpoſes, then
 branded with the Characters of Lucre, the
 Markets at their Mercy, they vend out their
 ringratered Stores again at exorbitant Rates,
 forcing Needineſs upon Deſtruction, and Miſery
 upon its Undoing. Nay, turning the Scales
 of Iniquity upon them, they make thoſe very
 People who raiſed the Grain, and ſold it them
 at a low Price, to buy it again at a dear one,

if they happen to have wanted the Precaution or the Power to have detained enough for their own Family Consumption : So that in Time by the Accumulation of Charges and the Diminution of its honest Profits, Industry is driven to Beggary, competent Penury to Indigence. So that by these Jobbers in Corn, the Generality of Farmers are ruined, the Labourers are undone, Manufacturies are embarrassed with the high Price of Work, which must augment in proportion as artificial Scarcities screw up the Expence of Necessaries, till the Artizans want Employment and Bread ; the Poor are increased, Estates oppressed in their Parish Rates, and the Land Interest laments the Severity of these Distresses *.

S E C T.

* I cannot forbear to propitiate this Opportunity to recommend grinding upon the Hand-mill, as the noblest and most salutary Exercise, which any Man can take ; especially, when the Weather prohibits riding, or walking in the Country Air ; which this equals if not surpasses. The Plow or the Spade are not so salutiferous as the Mill, to follow the first is too cold, and to dig with the second too wet, both which Inconveniences are escaped by the third ; for it is a dry Exercise, at which a Man may throw himself into a gentle Glow, or a more profuse Perspiration. The Miller is as robust and jolly, as the Plow-boy or Gardener ; and as Grain is the quintessential Produce (if I may so say) of the native Soil. So the Wheat, when crushed in Grinding, emits a balsamic Frigor impregnating the Air which the Grinder breathes, not less salubrious than that which ascends from the fresh-turn'd Furrow.

This

S E C T. V.

BUT, notwithstanding that the Adulterations explained in the precedent Chapter superinduce such manifold and fatal Woes upon the People as must affect every Man who has employed them, and in whom Rapine and Lucre have not suppressed every tender Struggle of Conscience, with the deepest Compunction at a Guilt red with the most horrible Flagrancy: Tho' we have shewn them in the two foregoing Sections a Method whereby, without any such Impurities, the Bakers will be enabled to more than redouble their Profits by buying their Bread-Flour in the Grain, and carrying it to be ground by the Workhouses upon Hand-mills; which will also employ the Poor of their respective Parishes, so that they will be relieved that Charge; Tho' we have obviated every Objection to this Proposal; yet the Difficulty to

This I do not mention as any Argument to promote the Introduction of Hand-mills into Workhouses; but to Hospitals it may be one; and I believe Invalids will find, at the same Time they may perform a useful Labour, much more Satisfaction in the Hand-mill, than Fencing, or the Dumb-Bell: With this superior Advantage, That as these are merely selfish Exercises; this is attended with the pleasing Reflection of Utility to Mankind.

relinquish

relinquish the magic Paths of Iniquity, whilst the Enchantress *Inordinate Lucre*, in whose Embraces they are grown inveterate, still displays her Charms; together with the just Resentment the wiser Part of the Public have conceived at these Grievances; and their Sensibility of the innumerable and fatal Mischiefs they derive from them, has prejudiced them with so strong a Suspicion and Dread at that Usage, that they cannot easily be reconciled to the Perpetrators of those Facts; What Security then shall they have for their Lives, should they again trust them in the Hands of those People? For tho' we shall be certain from the adoption of the Proposal exhibited just now, That the Baker is supplied with unadulterated Flour; yet we shall not be thereby precluded every Motive to suspect his Integrity!

As the Bakers, whilst they are only directed by a proper Regard to Gain without transgressing the Limits of Probity as appointed by Conscience and the Laws, are a very useful, necessary, commendable, and valuable Link in the Chain of social Community; they are not to be destroyed when they have transgressed, till an Attempt has been made to restore them. 'Tis better to recover a Limb by Emollients,

Emollients and Anodynes than to suffer Amputation.

Was such a Regulation only to procure to the Public wholesome Bread, Flour, Flesh-Meat and Drink, its excessive Value surpasses Explanation. But innumerable other good Effects would ensue, and such as would amply requite the Charge of this Institution; especially was it invested with a Power to superintend and bring to Justice those Harpies of Office, whose Venality deprives the Public of the Virtues and Benefits designed them by the Establishment of the Departments they rather *occupy* than fulfil; betraying the trust reposed in them by God and the People, to the Blasphemy of one, and the Injury of the other.

This Institution would obviate the Objection of the Bakers to buying their Flour in the Grain, who may say, they do not understand Corn. For that they might reap Advantage from it, this Board of Health we would recommend should inspect the Goodness of all Corn sold for human Food; for the damaged is excessively unwholesome *. From this Department of their Office some Advantage might accrue in part to recompence

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* See a Method to recover damaged Flour, so as to make it fit for Bread when Necessity requires its Use; IN POISON DETECTED, p. 43.

pence their Care, Was a Sample of only one Peck *per* hundred Bushel from the Midst of every Parcel designed for Sale attested by Oath to be of like Quality and Goodness, to be delivered to them for Inspection, and the Dealer to receive a Certificate in Return, which would secure the Baker of good Grain, and prevent the Impositions upon him of Lime, Chalk, &c. for Flour; and of course the future Use of Alum, for which there are Bakers who now pay many Pounds *per Annum*. Was some easy Tax equal to the Money thus saved to every Baker appointed to the Board; as the Bakers would be the greatest Gainers by this Institution, except the Public in point of Health, they could not complain at so small a Charge converted to so great and advantageous a Purpose; even if their present annual Donation was to be diverted to this much better End: And from their Gains, as they will be augmented by means of the Proposal made in the precedent Sections of this Chapter, should it be adopted, neither themselves nor the Public will be displeased at so small an Alienation of their Profits, as might support such an Institution as is here delineated and recommended.

In France, Portugal, Spain, Italy, and other Countries, the Officers of the Lazareta

are appointed to inspect all the Corn imported. If damaged it is destroyed; and tho' in England a Regulation of this Sort once obtained, that universal Depravity, which like a Pestilence engendering innumerable Calamities upon this Island, spreading its venomous Malignancy through the subordinary Classes of public Institution, has by an effusion of its epidemic Poison, defeated the Purpose of that salutary Design, and corrupted its Members, so that it is now degenerated to a lucrative venal Office, where Justice is weighed in a Money-ballance, and "the LORD is polluted for handfulls of Barley." Will not the Thorns of Compunction, strewed there by unhappy Conscience, bereave their Pillows of Softness? who is it should superintend the Rectitude of Measures, and the equality of Weights? but those are Trifles. Who is it should inspect that the People are not deprived of Health by unwholsome Corn?

To speak then of Individuals, human Comfort and Happiness depend more upon Health than any pecuniary Acquisition; and, speaking collectively, as the Strength, Industry, and Numbers of a People are the Power of a Nation, which render it respectable, it doth not seem incompatible with the

political Prudence or Interest of a Commercial State, to be as watchful over the Health of it's People, as attentive to their Accumulation of Wealth. No Kingdom can be rich without Industry, nor can any be called industrious without Health, the Basis of Strength, and main Pillar in the Fabric of Commerce and Manufactures.

If therefore a Council is established in many Countries for the Superintendence of Commerce and Trade, would it appear improper or impolitic for this Nation, which depends upon those in a particular Manner to pay the same Regard to the Health of its People, especially at this Juncture, as that Blessing is not only the greatest of sublunary Felicitities granted to human Nature, but the Spring of popular Increase, the Foundation of Strength, the first Principle of Security, Sustainer of Industry, and ultimate Origin from whence Nations derive Opulence and Respect, and States their Splendor and Dignity? And is this first Good of a Kingdom, this great Felicity of Individuals bereaved of Respect? defenceless and destitute of any Barrier to protect it from the Insults and Abuses of such nefarious Practices as prevail at present in the Corn and Bread Trades. The Villain who takes

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our Money suffers the infliction of Capital Punishment. But is Health, which supervalues Gold, to be purloined with Impunity? The Necessity of speedy Redress is observed and lamented by the Wife, and extremely coveted by every Bosom warmed with one Spark of Patriotism; and so obvious, that to lay more of it to the Legislature, would be an Affront.

That therefore the People may be entirely freed from any Apprehension of such Practices as we have exhibited in the First Chapter, should the Method be adopted we have in this Second proposed, to prevent the Impositions the Baker may be liable to, and effectually to put an End to his hurtful Arts:

Be it strenuously recommended to those Powers of superior Magnitude and Influence in the Constellation of British Government; those which attract every Patriot Eye, to establish a COUNCIL OF HEALTH, which may examine and prevent all such Arts as tend to deprive the People of that Blessing.

Let them keep a Diary of Diseases, and pursue them to their Origins; how often will they find them derived from the Abuses employed

ployed in Foods? and by minutely watching their Progress, how often will they be able to point out Methods to prevent them for the future?

Let them see that no Qualities are employed in Foods which may tend to prejudice or impair the Health, much less to take away the Lives of the People: They will soon find that there are not fewer than 27 Victuallary Trades which use Practices of extreme Detriment to Mankind; this, with the uncommon Frequency of Death, and almost Universality of Diseases may shew that it is high Time for some Institution of Redress, in other Aliments as well as Bread. The Health of the Public calls aloud for speedy Help.

Let every public Baker once a Month make Oath, That he has neither directly nor indirectly, nor by Permission or Desire to his Servants, or any other Means either used, or caused to be used, or knows to have been used in the Bread sold the Month past by him or for him, any other Ingredients except such as shall be permitted by Statutes on that Account appointed. And farther, this Board should be enabled to give Fifty Guineas Reward

ward for any Discoveries of such Practices used in Bread, and other Trades, accordingly.

But when the public Fidelity falls into the Hands of pusillanimous Men betrayed to private Lucre and sordid Appropriation, it is crucified upon the Cross of pecuniary Stamp, or else what was meant a Peace-offering of Free-will to the Good of Community becomes a venal Victim prostituted or sacrificed on the idolatrous Altar of clandestine Villainy.

This may shew in some Measure the immediate Utility of such a Council as we would recommend, which might effectually prevail against these Abuses, were Men of approved Integrity employed in this great Trust. Then the Health of the People would have some Guardians ; but now it is destitute.

Inconveniences attend the Perversion of every, even the most Patriot Purpose ; and when sinister Designs prevail over Integrity, Men become qualified to beget the most pernicious Practices upon the best Institutions, to the Disgrace of their Founder, and the preclusion of those Advantages they were intended to diffuse amongst the Community ; but as it happens that these Changes, happily, are
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not so sudden in their Progress as to prevent the Utility continuing in its Virgin Virtue and Purity, till the Current has fallen a good Way from its Source; so by such an Institution as is here proposed, the Public will be so far availed by it as to get rid of their present Abuses before the Institution itself will begin to degenerate. Let it be therefore established in this Time of general Depravity, only to remain for a certain Term: If it be found to answer the good End desired, the Voice of Reason will enforce its Continuation.

Would not such an Institution redound to the Applause of *British* Wisdom, and dart Splendor upon the Annals of this Nation? And being the first of the Kind erected on the Northern Side of the Hemisphere of the Earth, not only be a Gem of singular Brilliancy in the Diadem of the Realm, which so tenderly regards its Subjects, should it espouse it, and an Honour to the Ministers who persuade it? But it would also shew a Degree of Spirit to prevail in our Island, exalted above the common Level of the rest of Mankind; which may derive Respect to this Kingdom as the first Contriver and Establisher of a Design superior to any for Extent of Utility and public Grandeur, that ever was concerted for the Dis-

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appointment of Iniquity, and Prevention of popular Abuses of the most fatal Influence: such a Design as may set a glorious Precedent to the rest of the World to pursue, wherever human Depravity so egregiously obtains as to fascinate evil-minded Men to spurn down the Lives and Health of the People, for the Appropriation of impious Lucre; and whereby Justice may be exalted to such an Eminence, that her Eye may detect, her Prudence prevent, or her Resentment overtake, the future Perpetrators of such Enormities.

CONCLUSION.

THUS having shewn the many Ingredients used in the Adulteration of Bread-Flour and Bread; their fatal Effects upon the Health of the People; and the Source from whence they derive their Origin: Not these alone are exhibited; but we have also proceeded to draw out a Plan of Redress, in which a Method is described to deduce Benefit from those very Evils; effectually to prevent future Combinations; the Artifice of Scarcities; and Sophistications of Mealmen and Bakers; so as to employ the Poor in an easy

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useful Industry; relieve their respective Parishes; and improve the Land Interest.

The Events indeed, which have occasioned these Papers, may without Offence to the Delicacy of Truth be pronounced in their Origin, the most alarming Attempts upon Justice, * and the most direful of national Calamities in their Consequences.

Yet may they be esteemed happy in the Opportunity they afford the Legislature by their Redress; to indulge the ardent Desires of a grateful People, by a Method so obvious to Accomplishment. Men are apt to respect in Proportion as their honest Requests are attended to. Popular Affection is the strongest and loveliest Pillar of Government: And the brightest Ray that beams upon the Dignity of a State is reflected from the Protection it has given to an abused People.

T H E E N D.

* It is averred that several Dealers in these Arts, have offered to lay fifty Guineas, that Bread will be double the Price it was last Year. Beware then of additional Adulterations, which Increase with their Temptation. Let these Proposals be speedily adopted! Let a People be saved!

E R R A T.

Page 7, line 21. for *Corn factors*, read *Corn-jobbers*.

